

# The Robb Center Report

## Andover's Senior Newsletter

OCTOBER 2023



### What's Inside

**High Dose Flu Clinic: Thursday, October 5 and October 12 from 9:00 am to 12:00pm**— The Andover Health Division is pleased to offer flu vaccine clinics this year. All of the clinics will be located at the Robb Center, 30 Whittier Court. We will be offering two “High Dose” flu clinics for persons aged 65 and older. Appointments are necessary and can be made online by going to <https://andoverma.gov/162/Health>. Please call The Robb Center at 978-682-8320 if you need assistance scheduling an appointment. Volunteers will be available to help on Tuesdays and Wednesdays from 1:00pm to 4:00 pm

**October 19 at 6:30pm-8:00pm: Dance Party with DJ George Landers**- Join us for a fun night of dancing and socializing. Refreshments will be served. Registration Requested. *Sponsored by the Andover Senior Community Friends.*



**Island Lore: Shipwrecks, Mayhem, Lighthouses and Photography off the New England Coast by Bruce Magnuson: Wednesday, October 11 at 1:30pm** - Take a trip up the New England coast from Massachusetts to Maine and explore some of the many stories associated with this region. Focusing on Thatcher Island, the Isles of Shoals and Boon Island, Bruce will interweave tales from these fascinating locales with photographs from trips to these islands.

**Diwali Celebration:** Join us on **Thursday, October 26 at 12:00pm** for a Diwali Celebration. To celebrate this Hindu festival of lights, we will enjoy authentic Indian food catered from Raagini Indian Bistro. After lunch, we will watch a traditional dance presentation. Tickets for Andover residents go on sale on Monday, October 2. Tickets for non-Andover residents go on sale on Friday, October 6. Tickets are \$10. Registration required. Made possible through the Mass Cultural Council.



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James.swasey@andoverma.us  
Sue Starbird

**CENTER HOURS**

**Hours:** Mon, Tues, Wed & Fri 8:00 am—4:00 pm  
Thursday 8:00 am—8:00 pm

**WHAT IS THE ROBB CENTER?**

The Andover Robb Center is the home of the Elder Services Division. We offer a wide variety of programs and services to support the community.

**PROGRAM REGISTRATION INFORMATION**

For programs that do not have an associated fee, you may register in-person at the front desk, or on [myactivecenter.com](http://myactivecenter.com) or by calling the center.

For programs with an associated fee, you may register in-person at the front desk or by calling the center.

Payment is due upon confirmation that the program has met minimum enrollment.

Due to popularity, Andover residents are allowed early registration when noted in the program description.

Phone: (978) 623-8320

Online: [www.myactivecenter.com](http://www.myactivecenter.com)

Email: [senior.center@andoverma.us](mailto:senior.center@andoverma.us)

**REFUND POLICY**

Should a patron request a refund for a class, trip or event, The Robb Center will fully reimburse a credit towards a future program or class. If the patron would like a refund check mailed to them, the processing fee will be 10% of the full amount.

**INCLEMENT WEATHER POLICY**

Andover Elder Services will mirror Andover Public Schools' snow cancellation schedule. When school is cancelled, Meals on Wheels is cancelled, Supportive Day will be closed, and all in-person programs will be closed. All virtual programs will be held and staff is available to offer assistance.



AndoverElderServices



andover\_elder\_services

**Dull Men's Club: Thursday, October 5 & 19 at 10:00am**—The DMC meets at The Robb Center on the first and third Thursday every month. Come along and join in on an informal round table discussion of current events, history, technology, medicine, sports and travel. Perhaps you might share an anecdote or joke with your fellow "Old Guy's". We do not discuss politics or religion.



**Refuse to be a victim by Cheryl Crawford & Steve Cooper: Friday, October 6 at 8:30am**—This program teaches easy to understand methods you can use to increase awareness and prevent criminal confrontation. You will get the tools you need to develop your own personal safety strategy, including information about psychology of criminal predators, home security, physical security, travel safety, self-defense and more. Sponsored by the Andover Sportsmen's Club. Seats limited, registration required.

**Health Plan Options for Seniors: Tuesday, October 10 at 1:30pm**—This presentation is similar to the Planning for Medicare presentation, but geared more towards existing Medicare enrollees. It will have less emphasis on understanding the basics of Medicare and focus more on the differences between Medigap and Medicare Advantage plans, as well as understanding when you can switch plans. It also explains how Medicare Part D plans work. Registration requested.

**Andover Photography Connection (APC):** Join this group of photo enthusiasts to share photography techniques, interests & experiences. We will meet on the second Friday of each month at 10am.

**Non-Fiction Book Club: Monday, October 16 at 10:00am**—This club explores contemporary issues, history, biography and more. The group meets at The Robb Center. Group contact is Joanne at [joannedahlgrenma@gmail.com](mailto:joannedahlgrenma@gmail.com).

**Men's Breakfast: Tuesday, October 17 at 8:30am**— Enjoy pancakes, sausages, home fries, orange juice & coffee. The presentation this month will be "Growing Up Grubby, stories from the 1950s and 60s" by Todd Goodwin. Registration required. *\$6 fee. Sponsored in part by the Andover Senior Community Friends.*

**A Colorful Garden for All Seasons by Patrick McKeown: Thursday, October 17 at 1:30pm**— Patrick McKeown (not an expert) will explain how to keep your garden colorful for all seasons. Patrick will touch on bulbs and ways to spruce up your garden. Registration requested.

**October Birthday Social: Thursday, October 19 at 12:00pm**—All are welcome! Entrée will be pot roast. Music by The Rockaholics. Delicious desserts & raffle from Bear Mountain. Registration required.



**Diabetes Education by Board of Health Cherie Monahan: Date and time to be determined.** In collaboration with the Andover Board of Health, this presentation is by Academy of Student Pharmacists who are pharmacy students at Massachusetts College of Pharmacy and Health Sciences. This presentation will cover prediabetes risk screening and discussion on methods to reduce risk of developing Type 2 Diabetes.

**The Forgotten Players: The Story of Black Baseball in America by Dennis Shortelle: Tuesday, October 24 at 1:30pm**— Join us as Dennis tells the story of black baseball in America, a story you will remember for a long time, fascinating and colorful, full of pain and inspiration, of hope and disappointment. The story is about baseball players who, because of the color of their skin, were banned from major league baseball and how eventually the barrier was broken. Registration requested.

**Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse: Wednesday, October 25 at 1:00pm**— Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!

**Book Club: Thursday, October 26 at 1:30pm**—This group discusses a different book every month. This group is currently full.



## Everyday:

**Congregate Lunch: Monday through Friday at 12:00pm**—Join us for Congregate Lunch. Reservations are required by 3:00pm the previous day. Reserve a seat by calling 978-623-8320. A \$3.00 donation is suggested. Daily entrées are listed on page 10.

## Monday:

**Quilting Group: 9:00am**—Join a group of dedicated quilters to share tips and tricks.

**Sunrise Singers: 9:00am**—Join a wonderful choral group that performs throughout the year.

**Monday Matinees: 1:00pm**—Join us to watch a film on the “big screen.” Movie titles will be announced weekly.

**Hand & Foot Card Game: 1:00pm**

**Ping-Pong: 1:00pm**—Drop-in to play a round of Ping-Pong.

## Tuesday:

**Comfort Critters: 9:00am**—This group creates little “comfort critters” that are donated to hospitals. **The group is full.**

**Mah Jongg: 1:00pm—3:00pm**

**Social Bridge: 1:00pm—3:30pm**

**Drama enthusiasts?** You can take a role or just be the audience! We will be reading *Flyin’ West* by Pearl Cleage and *Leopoldstadt* by Tom Stoppard Mondays at 1:00pm from October 2 through November 27 at The Robb Center. New and used editions are available from online vendors and some local sources. Contact Eileen Reilly at [eileenreilly42@gmail.com](mailto:eileenreilly42@gmail.com) to register or for more information.



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## Wednesday:

**Morning Crafting Group: 9:30am–11:30am— Crafters wanted!** Join this group to make crafts for various fairs that support The Robb Center.

**Parler/Discute: 9:30am-** French Discussion Group.

**The Write Stuff: 10:30am—**Join this group to write novels, poems and more.

**Knit Wits: 12:30pm—**Join a group of knitters. New knitters are always welcome.

**Basic Tap Class with Audrey: 1:15pm—**All are welcome to come and dance. For any new participants please contact Audrey at 978-475-4963.

## Thursday:

**Andover Chroniclers Meeting: Every 1st and 3rd Thursday at 9:00am—**Join a group that produces videos. No experience necessary. Email [andoverchroniclers@gmail.com](mailto:andoverchroniclers@gmail.com) to sign-up and ask questions. Present and past Chronicler Shows can be found on AndoverTV.org.

**Scale Modeling Club: 10:00am—**Join a group to discuss, build and share scale models.

**Open Art Studio: 10:00am—**The members of this group paint together, using different mediums, encouraging creativity and sharing tips. New members welcome.

**Duplicate Bridge: 1:00pm—4:00pm**

**Ping-Pong: 2:00pm—**Drop-in to play a round of Ping-Pong.

**Ping-Pong: 6:00pm—**Drop-in to play a round of Ping-Pong.

## Friday:

**Le Petit Dejeuner, the French Conversation**

**Group: 8:30am—**Venez parler français dans un cadre convivial en petit groupe. Il n'y a pas de chef, alors les membres assument leurs responsabilités. Quelques fois nous lisons à haute voix un livre et tenons une conversation ouverte. À tour de rôle, choisissez un thème à présenter. La littérature française, la géographie, la culture, la grammaire ... à vous de choisir. Il faut s'inscrire. Les nombres sont limités.

**English Listening Skills Series for Chinese**

**Speakers: 9:30am—**We'll help you improve your skills in English and make "learning to listen" fun. To sign-up, please email William at [weixuid@yahoo.com](mailto:weixuid@yahoo.com).

隔周五的 10:00 am: 参加安多福华人联谊会 Zoom 网上聚会 (Andover Chinese Charm Circle ).请发送电子邮件给William: [weixuid@yahoo.com](mailto:weixuid@yahoo.com)

**45s Card Playing: 1:00pm—3:30pm**

**Social Bridge: 1:00pm—3:30pm**

**Join the Andover Elder Services Walk Team: Sunday, October 1 at 9:30am**—Join us to Walk to End Alzheimer's. We will walk as a group the 3 mile pre-set route. There is an alternative 1 mile route option for anyone who wishes to use it. The walk will kick off from Brickstone Square in Andover. To join the team, please utilize the QR code or email Kelly.McShane@andoverma.us. Kelly will send you the direct link to register.



**Dedicated Pickleball Times for The Robb Center Members:** Mondays & Fridays from 9am– 11am at Rec Park (147 Abbott St.). Courts 1 & 2 will be prioritized for The Robb Center Members during the times listed above. Participants must bring their own equipment and sign a 2023 Robb Center Participation Waiver (forms available at the front desk). Participants must know how to play pickleball. We are not providing lessons. No registration required, this is a drop-in opportunity.

**YMCA Class Opportunities at The Robb Center:** Join us for two **free** drop-in class opportunities through the end of the year. These classes are sponsored by Andover Home for the Aged People.

**Yoga Class with Soki: Tuesdays at 2:30pm at The Robb Center**-This is a gentle and therapeutic yoga for everyone. Benefits include softening tight/stiff neck and shoulders, strengthen lower back and body, boost immune system by lymphatic circulation and improving posture. Every class will cover fundamental body alignments and variations of breathing techniques. This class does not utilize a chair.

There is no class on October 10.

**Walking Group: Thursdays at 9am (weather permitting)**- This walking group will begin with a light warm-up and stretch and proceed around the local area for 45 minutes. The walk will finish with a light stretch. Patty Ferrulo will lead this group. It will meet at The Robb Center.



**Women's Outdoor Adventure Group (WOAG):** Hiking season has returned! Please contact Jane at fleecy1.godmother@verizon.net for updates.

**October 12: TBD**

**October 26: TBD**

For any participation in Adventure Groups, participants must sign our "Waiver for 2023" form once a year (found on our website, [www.andoverma.gov/227/Elder-Services](http://www.andoverma.gov/227/Elder-Services)). For each individual hike, participants must register on [myactivecenter.com](http://myactivecenter.com) or by calling us at 978-623-8320.



**Nature Walks: Fridays at 9:00am**—These walks occur on Friday mornings, weather permitting. Walk locations chosen weekly. To be added to the email list, please email [kelly.mcshane@andoverma.us](mailto:kelly.mcshane@andoverma.us).



**Fitness room:** Our goal is to help older adults and adults with disabilities remain active, engaged and independent in their community. Fitness room hours are Monday: 8am-4pm, Tuesday: 10:30am—4pm, Wednesday: 8am-4pm, Thursday: 8am– 8pm, and Friday 8am-4pm. This room is free to Andover residents and \$100 a year for non-Andover residents. To schedule an orientation please call the front desk at 978-623-8320. Orientations are typically held on Tuesdays at 10:30am by Denise Boucher.



# The Andover Crystal Ballroom Presents

## MASQUERADE

Sunday, October 22, 2023

6:00 - 10:00 pm

Old Town Hall - 20 Main St., Andover MA



**Dance Lesson 6:00 - 7:00 by Royal Palace**  
Dance Studio of Manchester & Concord NH,  
First Dance Studio Andover

*For your listening and dancing pleasure*

**Music by D.B.'s Orchestra 7:00 - 10:00 pm**

Tickets \$15 per person in advance available  
at the Robb Center and Andover Bookstore.  
Available at the door \$20 per person.

Sponsored by Stone Hill at Andover, Atria  
Marland Place Andover, Ashland Farm at  
North Andover, BrightView No. Andover,  
HomeWell Care Services Andover



## OCTOBER 2023

## WE ARE HERE, TO GET YOU THERE!

**Meals on Wheels:** Home Delivered Meals are available to Andover seniors. To determine your eligibility, please give us a call at 978-623-8320. Andover residents only.

**Let Go Shopping: Wednesday, October 11 at 10:00am—2:00pm:** We are shopping at Walmart. Please reserve your seat by 78-623-8320.

### Bus Trips:

**MAMA MIA - It's the Ultimate Tribute to ABBA – Starring** Dancing Dream Live! We'll be going on Thursday, November 16 from approximately 10:30am-4:00pm. The concert and lunch will be at the Danversport Yacht Club. Cost is \$115.00 all inclusive.

**Christmas at the Newport Mansions.** Join us to visit two of Newport's most elegant 'cottages' decorated for the Holidays in their Yuletide finery! Cost is \$119.00 all inclusive. Lunch location as well as times to be advised.

*Andover residents get priority when trips meet capacity. Costs vary, seats limited. Call 978-623-8320 for details. If a participant needs to cancel a trip for any reason, The Robb Center needs at least 48 hours from the trip to issue a credit for transportation. Cancellations with less than a 48 hour notice, will not result in a credit. After repeated cancellations, you will be placed on the waitlist for future trips. Any "Best of Times Trips" require 2 weeks notice.*

**Rides to The Robb Center:** We provide transportation to and from the Center at no cost. Call Shawna to check availability and schedule your ride. Andover residents only.

**Medical Transportation:** We continue to provide transportation to vital medical appointments. Please call 978-623-8320 to schedule an appointment. Andover residents only.

**Grocery Trips:** Market Basket Plaza: Thursdays, door-to-door service. Call to register by Tuesday, every week. Cost: Free. Please call 978-623-8320 for more information. Andover residents only.

**Townie Trips:** Need a ride to a hair appointment or other errand? This is a Personal Ride Service that runs on Tuesdays. \$8.00 round-trip, \$5.00 one-way. Call to make an appointment 978-623-8320. Local Andover trips only.

**Library Trips: Monday, October 23** —Need a lift to the library? Riders will have time to spend at the library browsing materials, and taking advantage of all the library has to offer. Registration required. Andover residents only. **No trip on October 9 due to holiday.**

**Family Caregiver Support Group:**

The next meeting will be **Monday, October 16** at 1:30pm at The Robb Center. Please join us for a support group for family caregivers to connect with others, share concerns, and learn about available resources.

**Bereavement Support Group:**

This group meets on the first and third Wednesday of the month at 2:00pm. For October we will meet on October 4 and 18. Camille Jaber from Compassus will facilitate the group. Join us as we support each other and discuss some of the ways the loss of someone significant can affect our lives.

Registration  
Required.

**Parkinson's Disease Support**

**Group: Thursday, October 12 at 1:30pm—** Steve Nutter, MSPT, LATC, CSCS, Owner of Nutter Physical Therapy will present *"The Benefits of Exercise with Parkinson's."* For more information regarding this group, ask for Kristine or Kelly.

**ALCOHOLICS ANONYMOUS® Meetings at The Robb Center: Thursdays, 7:00pm – 8:00pm.** ALCOHOLICS ANONYMOUS® is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. Open meeting, no registration.

The Supportive Day Program participants are excited to immerse their senses in the fragrant, tasty and colorful delights of the month of October. We are hoping the fall foliage will be spectacular this year! We will paint the autumnal hues of the falling leaves and decorate our program room with leaf rubbings. We will discuss the origins of Halloween and paint pumpkins to decorate our home stoops. We will have fun making ghostly cookies to celebrate All Hallows' Eve. In keeping with the spooky theme of October, the group will attend a presentation of Island Lore: Shipwrecks, Mayhem, Lighthouses and Photography off the New England Coast by Bruce Magnuson. We are always looking for new members to join our group! Please contact The Robb Center at 978-623-8320 to learn more about the Supportive Day Program.





**Ask the Lawyer: Monday, October 16**—Offered by Justin St. James, Esquire, licensed in MA & NH. Appointments are 20 minutes in-person and scheduled in chronological order. Limit of one question/issue. Cost: Free. No tax questions, please.

**Blood Pressure Clinics: Thursdays from 10:00am-11:30am**- Drop-in free clinic conducted by the Board of Health.

**Brown Bag "Mobile Market" : Tuesday, October 24 from 9:00am-10:30am**- This once a month service provides a bag of shelf stable groceries for those already approved by

AgeSpan. Brown Bag may be picked up from The Robb Center between 9:00am—10:30am. Applications available through AgeSpan: 978-683-7747.

### Hearing Aid Checks/Cleanings and Hearing Screenings—

Friday, October 6 from 9:30am—10:30am by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.

**Need locker space?** We are renting out lockers at The Robb Center for \$10 per month. Keep your fitness gear and items here at the Center. Lockers limited, first come, first served. Ask the front desk for details.



**Fix-IT Shop: Monday, October 16 & 30 from 1pm-3pm.** Bring your lamps, small appliances, chairs, small tables and any other small project and this group will try to fix it! Cost: \$5 plus parts for seniors (ID required). \$10 plus parts for non-seniors and non-residents. \$2 diagnostics fee.

**Food Pantry:** The Merrimack Valley YMCA mobile food pantry will be at The Robb Center the 2<sup>nd</sup> Wednesday of every month from 9:00am – 11:00am. In October, the mobile food pantry will be here on Wednesday, October 11. Food bags will be distributed on a first-come, first served basis.

**Donate your glasses at The Robb Center:** The Lions Club International has recognized the urgent need for corrective lenses and collects usable glasses in their communities to support the Lions Recycle For Sight Program. Just drop off your glasses at the front desk.



**Mend-It Shop: Friday, October 13 & 27 from 1-3pm at The Robb Center**- Need a clothing article fixed? Stop by to see if we can help!

#### Services Offered:

**Button fixed:** \$2 donation

**Hemming:** \$5 donation

*\*Simple fixes only. We are not professionals.*

*\* 3 article limit per customer.*

*\* Additional charges for non-Andover Residents.*



### Need Help with Medicare? SHINE Can Help!

Turning 65 or thinking about your Medicare coverage? SHINE counselors can help you with all things Medicare! Medicare Open Enrollment: **October 15 – December 7**. This is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2024, or to see if there is another plan that may be more cost-effective for you. Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. To schedule a SHINE appointment, call 978-623-8320.

**Technology Help Desk– Tuesdays at 10:00am:** Have questions about your phone, tablet or other device? Our team of tech experts is here to help.

### Hospital Equipment Loan

**Program:** Offered by Masonry in Action who will lend, at no cost, home-use health/hospital equipment to those in need. This organization also accepts donations. Saturdays only from 9:00am– 12:00pm. Call or visit 781-322-1052 or <https://smd-help.org/>

# OCTOBER 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Sunrise Singers</p> <p>9:00 Quilting Group</p> <p><b>Chicken Stir-fry</b></p> <p>1:00 No Matinee</p> <p>1:00 Hand &amp; Foot</p> <p>1:00 Ping-Pong</p> <p>1:00 Short Stories</p>	<p>3</p> <p>9:00 Comfort Critters</p> <p>10:00 Tech Help</p> <p><b>Pulled Pork Sandwich</b></p> <p>1:00 Mah Jongg</p> <p>1:00 Social Bridge</p> <p>1:30 Watercolor Class</p>	<p>4</p> <p>9:30 Crafting</p> <p>9:30 Parler/ Discute</p> <p>10:30 Write Stuff</p> <p><b>Chicken Curry</b></p> <p>12:30 Knit Wits</p> <p>1:00 Acrylic</p> <p>1:15 Tap Class</p> <p>2:00 Bereavement</p>	<p>5</p> <p>9:00 Flu Clinic</p> <p>10:00 DMC</p> <p>10:00 Scale Modeling</p> <p>10:00 Open Art</p> <p>10:00 BP Clinic</p> <p><b>Veg Lasagna</b></p> <p>1:00 Duplicate Bridge</p> <p>2:00 Ping Pong</p> <p>6:00 LGBTQ+ Social</p>	<p>6</p> <p>8:30 Refuse Victim</p> <p>8:30 French Group</p> <p>9:00 Zentangle</p> <p>9:30 Hearing Aid</p> <p>10:00 ACCC</p> <p><b>Beer Battered Fish</b></p> <p>1:00 45s</p> <p>1:00 Social Bridge</p> <p>2:00 Tai Chi Fan</p>
<p><b>Columbus Day Holiday</b></p> <p><i>Town Offices &amp; The Robb Center are closed.</i></p>	<p>10</p> <p>9:00 Comfort Critters</p> <p>10:00 Tech Help</p> <p><b>Chicken Marsala</b></p> <p>1:00 Mah Jongg</p> <p>1:00 Social Bridge</p> <p>1:30 Watercolor Class</p> <p>1:30 Health Plan</p>	<p>11</p> <p>9:00 Food Pantry</p> <p>9:30 Crafting</p> <p>9:30 Parler/ Discute</p> <p>10:30 Write Stuff</p> <p><b>Mac &amp; Cheese w/ Stewed Tomato</b></p> <p>12:30 Knit Wits</p> <p>1:00 Acrylic</p> <p>1:15 Tap Class</p> <p>1:30 Island Lore</p>	<p>12</p> <p>9:00 Flu Clinic</p> <p>9:00 WOAG</p> <p>10:00 Scale Modeling</p> <p>10:00 Open Art</p> <p>10:00 BP Clinic</p> <p><b>Chicken Cordon Bleu</b></p> <p>1:00 Duplicate Bridge</p> <p>1:30 Parkinson's</p> <p>2:00 Ping Pong</p> <p>6:00 Burn Boston</p>	<p>13</p> <p>8:30 French Group</p> <p>9:00 Zentangle</p> <p>10:00 Andover Photo</p> <p>9:30 ESL Class</p> <p><b>Lemon Pepper Cod</b></p> <p>1:00 45s</p> <p>1:00 Mend-It shop</p> <p>1:00 Social Bridge</p> <p>2:00 Tai Chi Fan</p>
<p>16</p> <p>9:00 Sunrise Singers</p> <p>9:00 Quilting Group</p> <p>9:00 Ask the Lawyer</p> <p>10:00 Non-Fiction</p> <p><b>Chicken Broccoli Alfredo</b></p> <p>1:00 Matinee</p> <p>1:00 Fix-it Shop</p> <p>1:30 Caregiver</p>	<p>17</p> <p>8:30 Men's Breakfast</p> <p>9:00 Comfort Critters</p> <p>10:00 Tech Help</p> <p><b>Sweet &amp; Sour Pork Loin</b></p> <p>1:00 Mah Jongg</p> <p>1:00 Social Bridge</p> <p>1:30 Watercolor Class</p> <p>1:30 Colorful Garden</p>	<p>18</p> <p>9:30 Crafting</p> <p>9:30 Parler/ Discute</p> <p>10:30 Write Stuff</p> <p><b>Hot Dog</b></p> <p>12:30 Knit Wits</p> <p>1:00 Acrylic</p> <p>1:15 Tap Class</p> <p>2:00 Bereavement</p>	<p>19</p> <p>10:00 DMC</p> <p>10:00 Scale Modeling</p> <p>10:00 Open Art</p> <p>10:00 BP Clinic</p> <p><b>Birthday Social</b></p> <p>1:00 Duplicate Bridge</p> <p>2:00 Ping Pong</p> <p>6:30 Dance Party</p>	<p>20</p> <p>8:30 French Group</p> <p>9:00 Zentangle</p> <p>10:00 ACCC</p> <p><b>Potato Crunch Fish</b></p> <p>1:00 45s</p> <p>1:00 Social Bridge</p> <p>2:00 Tai Chi Fan</p>
<p>23</p> <p>9:00 Sunrise Singers</p> <p>9:00 Quilting Group</p> <p><b>Chicken Parmesan</b></p> <p>1:00 Matinee</p> <p>1:00 Hand &amp; Foot</p> <p>1:00 Ping-Pong</p>	<p>24</p> <p>9:00 Comfort Critters</p> <p>9:00 Brown Bag</p> <p>10:00 Tech Help</p> <p><b>Sloppy Joes</b></p> <p>1:00 Social Bridge</p> <p>1:30 Watercolor</p> <p>1:30 Forgotten Play</p>	<p>25</p> <p>9:30 Crafting</p> <p>9:30 Parler/ Discute</p> <p>10:30 Write Stuff</p> <p><b>Sesame Chicken</b></p> <p>12:30 Knit Wits</p> <p>1:00 Acrylic</p> <p>1:00 Healthy Eating</p>	<p>26</p> <p>9:00 WOAG</p> <p>10:00 Scale Modeling</p> <p>10:00 Open Art</p> <p>10:00 BP Clinic</p> <p><b>Diwali</b></p> <p>1:00 Duplicate Bridge</p> <p>2:00 Ping Pong</p>	<p>27</p> <p>8:30 French Group</p> <p>9:30 ESL Class</p> <p><b>Sausage Pepper Sub</b></p> <p>1:00 45s</p> <p>1:00 Social Bridge</p> <p>1:00 Mend-It shop</p> <p>2:00 Tai Chi Fan</p>
<p>30</p> <p>9:00 Sunrise Singers</p> <p>9:00 Quilting Group</p> <p><b>BBQ Turkey Tips</b></p> <p>1:00 Matinee</p> <p>1:00 Ping-Pong</p>	<p>31</p> <p>9:00 Comfort Critters</p> <p>10:00 Tech Help</p> <p><b>Beef Stew</b></p> <p>1:00 Mah Jongg</p> <p>1:00 Social Bridge</p>	<p><b>Menu items subject to change. With 24 HOUR NOTICE a veggie burger can be served at congregate lunch instead of planned meal.</b></p> <p><b>For a large print calendar, please see the front desk.</b></p>		





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# Thursday Night Schedule!



## Every Thursday Night:

- Ping-Pong from 4:00pm-8:00pm.
- Fitness Room is open 8:00am-8:00pm.

## Special Events: Registration required for all special events.

- **October 5 at 6:00pm: LGBTQ+ & Allies Social:** LGBTQ+ & Allies are all welcome to attend a fun night of making connections and celebrating the LGBTQ+ community. Dinner will be provided by AgeSpan. Memorial Hall Library will be joining this event with LGBTQ+ literature.
- **October 12 at 6:00pm: Burn Boston Burn- *The Largest Arson Case in the History of the Country*** is an astounding true crime case about a conspiracy of nine men, including three Boston cops and a Boston firefighter, who burned Boston and surrounding communities in the early 1980s due to tax-cutting measures that caused layoffs of hundreds of police and firefighters. Told by the ATF Federal Agent Wayne Miller.
- **October 19 at 6:30pm-8:00pm: Dance Party with DJ George Landers:** Details on page 1.
- **October 26:** No special event scheduled.

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#### **FY25 SCRPT (Senior Citizen Residential Property Tax Work Off)**

**Volunteer Program:** It's that time of year again. Enrollment/renewal for the SCRPT Volunteer Program begins October 1st!

New volunteers must contact Ashley English, Services Program Coordinator (after October 8), at 978-623-8320 for phone interview. If you are currently enrolled and would like to renew, an email will be sent to you with FY25 renewal information. Renewal information will also be available at The Robb Center Front Desk. Deadline to enroll/renew is Wednesday, November 15.



#### **Andover Farmers Market**

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**Council on Aging Advisory Board:** Ed Plowey, Co-Chair; Amanda Preston, Co-Chair; Ralph Bledsoe, Vice-Chair; Gail Bloom, Judy Trerotola, Joan Fox, Russ Moran, Dot Hollenbeck & Christina Vidoli. The October meeting will be Wednesday, October 11.

**Representative Tram Nguyen Office Hours:** State Rep. Tram Nguyen continues to hold virtual office hours on the first Friday of the month, 10-11am, and the third Tuesday, 5-6pm, via Zoom. The dates for October are Friday, October 6 and Tuesday, October 17. Please sign up at least 24 hours ahead of time using this link: <https://calendly.com/teamtram/officehours>.

As always, you can reach out to Rep. Nguyen's office at any time to discuss an issue. Simply email her Legislative Director Tobin Abraham at [Tobin.Abraham@mahouse.gov](mailto:Tobin.Abraham@mahouse.gov), or call 617-722-2680.



**Friday, December 1 we will be hosting our annual Holiday Bazaar!** Join us to purchase your baked goods, crafts and other fabulous finds.

If you have any quality items to donate to the white elephant table, we will begin accepting donations in November. We do not accept electronics, medical devices, clothing, fabric, used puzzles, furniture or anything perishable. For any questions, contact Kelly McShane at [kelly.mcshane@andoverma.us](mailto:kelly.mcshane@andoverma.us).

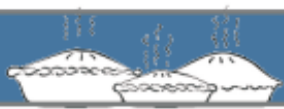
#### **Discovery Center for Civic Engagement:**

Does volunteering in a purposeful way appeal to you? Are you looking for meaningful ways to use your skills and talents? Email:

[AndoverDiscoveryCenter@gmail.com](mailto:AndoverDiscoveryCenter@gmail.com) to inquire about more information.



**Drug Take Back Day:** DEA's next National Prescription Drug Take Back Day is Sunday, October 29 from 10am to 2pm at West Elementary School, 58 Beacon St. The National Prescription Drug Take Back Day aims to provide a safe, convenient and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.



## ASCF Fall COMFORT Food FUNDRAISER!



The Andover Senior Community Friends fund a variety of programs and events at the Robb Center. Help the Friends help the Center by ordering Harrow's Chicken Pies and fruit pies. Orders will be taken through **October 11th**. Pick up your pie on Thursday, **October 19th** between 1:00 and 4:00 pm at 30 Whittier Court. The Harrows Pies are delivered frozen and ready to pop in the oven! To order, visit the Friends website at [www.andoverscf.org](http://www.andoverscf.org) or complete and mail the form below with check to ASCF, PO BOX 576, Andover, MA 01810. Questions? Call Carol at (978) 837-2315.

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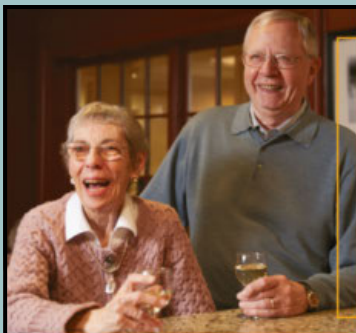
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Jumbo (6 servings)	\$33.00 ea.		
Harrows Chicken Pie without Vegetables			
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Jumbo (6 servings)	\$34.00 ea.		
Harrows 8" Apple Pie	\$13.00 ea.		
Harrows 8" Blueberry Pie	\$13.00 ea.		
<i>"Share the Comfort", donate one or more Chicken Pies to Seniors in need.</i>			
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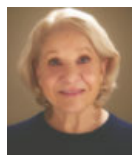
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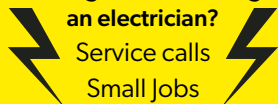
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